SAMSONS SECRETS

FREE STARTER GUIDE

REBUILD YOUR TEMPLE

A simple starting point for strengthening your mind, body, spirit and environment, one daily discipline at a time.

WITH COACH MAXIM · SAMSONSSECRETS.CO.UK

WELCOME

START WHERE YOU ARE



"You don't need a new life. You need a stronger foundation for the one you've got."

Thank you for joining the Samson's Secrets community. This guide is the foundation everything else I teach is built on: the idea that your body, your mind, your spirit and the space around you are one temple, and that each of them can be rebuilt with small, repeatable actions.

You will not find a crash diet or a 30-day miracle in here. You will find a way to look honestly at where you are, choose one place to start, and build the habits that make strength feel normal.

Maxim

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HOW TO USE THIS GUIDE

1 Read about the temple and its four pillars.

2 Score yourself honestly with the Temple Check on page 5.

3 Learn the 8 Secrets and pick the ones your lowest pillar needs.

4 Run the 7-Day Temple Reset and tick off each day.

What's inside

- The temple and its 4 pillars
- The Temple Check: score where you are today
- The 8 Secrets: daily disciplines, with a minimum version for hard days
- Your environment, daily rhythm and the 7-Day Temple Reset
- A weekly Temple Tracker

What you need

About 15 minutes to read it, 10 minutes for the Temple Check, and a commitment to the next 7 days. No equipment, no gym and no special food.

The pages with boxes and lines can be typed into on any device, or printed.

THE FOUNDATION

WHAT IS THE TEMPLE?

Your temple is your body, your mind, your spirit and your surroundings. It carries your purpose, it's the tool you use to serve the people you love, and it's where your strength is forged.

Rebuilding your temple means taking back control of all four. Not perfectly, and not all at once, but on purpose. Most people try to fix one part in isolation: a new diet, a new gym membership, a new app. It rarely lasts, because the other three parts keep pulling them back. A strong body is hard to keep with a chaotic mind. A calm mind is hard to keep in a cluttered home with people who drain you.

Why it matters

A strong temple is your foundation in a loud, busy world. How you treat it decides what flows through you: your energy, your patience, your confidence and the example you set for others.

What changes

You sleep better, think more clearly, move with less pain and feel in charge of your day. Training and nutrition stop being a battle because the rest of your life is working with them, not against them.



THE STORY BEHIND THE NAME

Samson's strength was a gift, but it was also something he had to protect. When he stopped guarding it, he lost it. When he recommitted, it returned. Your strength works the same way. It is built through discipline, protected by the choices you make every day, and it can always be rebuilt.

The rule of this guide: small actions, done daily, beat big plans done occasionally.

THE STRUCTURE

THE 4 PILLARS OF THE TEMPLE

Every temple stands on four pillars. If one is weak, the others carry extra load, and eventually something gives. You don't need all four to be perfect. You need none of them to be neglected.

MIND

Focus, intention, awareness and emotional control.

Strong: You can concentrate, you handle stress without snapping and you follow through on plans.

Needs work: Scattered attention, constant phone checking, overthinking, low motivation.

Start with: Journaling, a written daily priority, breathwork, blocks of focused work.

BODY

Movement, nourishment, rest and recovery.

Strong: You have steady energy, sleep well, feel strong and move without pain.

Needs work: Tired most days, aches and stiffness, poor sleep, eating on autopilot.

Start with: Strength training, daily walking, protein and plants at each meal, water, mobility.

SPIRIT

Purpose, connection to something greater and your inner voice.

Strong: You know why you do what you do and you feel grounded even when life is busy.

Needs work: Going through the motions, feeling lost or disconnected, no time for stillness.

Start with: Prayer or meditation, time in nature, gratitude, serving others.

ENVIRONMENT

Your home, your social circle and everything you consume online.

Strong: Your space supports your goals and the people around you lift you up.

Needs work: Clutter, a phone full of comparison, people who drain you, nowhere to train or rest.

Start with: A clean space, a training corner, a curated feed, time with people who build you up.

STEP 1

THE TEMPLE CHECK

Score each statement from **1** (not at all like me) to **10** (completely like me). Be honest. Nobody sees this but you, and a low score is not a failure. It's your starting line.

PILLAR	STATEMENT	SCORE 1–10
Mind	I can focus on one task for 30 minutes without checking my phone.	
	I handle stress calmly most of the time.	
	I start each day knowing my main priority.	
		Mind total (out of 30)
Body	I sleep 7 or more hours on most nights.	
	I train or move with purpose at least 3 times a week.	
	Most of my meals include protein, vegetables or fruit.	
		Body total (out of 30)
Spirit	I know what I'm working towards and why.	
	I take a few minutes of stillness most days.	
	I regularly do something for someone else.	
		Spirit total (out of 30)
Environment	My home has a clear space to train, rest and focus.	
	The people closest to me support my goals.	
	What I see online leaves me feeling better, not worse.	
		Environment total (out of 30)

My lowest pillar is: _____

My strongest pillar is: _____

Start with your lowest pillar. Choose one or two of the 8 Secrets that strengthen it and make them your focus for the next 7 days. Re-take this check after 4 weeks.

STEP 2 · SECRETS 1–4

THE 8 SECRETS

Each Secret is a daily discipline, with a full version for normal days and a minimum version for hard days, so you never fully break the chain.

1 Discipline is Divine

MIND

Discipline is not punishment. It's a promise you keep to yourself, and every promise kept builds trust in who you are becoming.

Daily anchor: Wake at the same time every day and run a 15-minute morning routine before you look at your phone.

On a hard day, do at least this: Drink a glass of water and write down today's one priority.

2 Guard the Gates

MIND

What you let in shapes what comes out. News, social media, music and conversations all feed your mind, so choose them like you choose food.

Daily anchor: No phone for the first and last 30 minutes of the day. Unfollow three accounts that leave you feeling worse.

On a hard day, do at least this: Turn off every notification that isn't from a real person.

3 Movement is Medicine

BODY

Your body was built to move. Daily movement improves your mood, sleep, joints, heart and energy, long before it changes how you look.

Daily anchor: Move with purpose every day: a walk, a mobility flow or a strength session. Add 2,000 steps to your current daily average.

On a hard day, do at least this: A 10-minute walk, outside if you can.

4 Fuel the Temple

BODY

Food is information for your body. You don't need a perfect diet, you need a consistent one that you can live with.

Daily anchor: Build every meal around a protein source and a fruit or vegetable. Drink 2–3 litres of water across the day.

On a hard day, do at least this: Get one meal right today and carry a water bottle.

STEP 2 · SECRETS 5–8

THE 8 SECRETS

You don't need all eight at once. Start with one or two from your lowest pillar, keep them for a week, then add another.

5 Rest is Training

BODY

Strength is built while you recover, not while you train. Poor sleep makes every other part of the temple harder.

Daily anchor: Aim for 7–9 hours. Go to bed and wake up at roughly the same time, even at weekends.

On a hard day, do at least this: Screens off 30 minutes before bed.

6 Stillness Before Strength

SPIRIT

A calm mind makes better decisions. A few minutes of stillness each day is where you hear your own voice again.

Daily anchor: 5 minutes of breathwork, prayer or meditation every morning or evening.

On a hard day, do at least this: 10 slow breaths: in for 4 seconds, out for 6.

7 Strength Has Purpose

SPIRIT

Your strength isn't only for you. Knowing your why keeps you going on the days motivation doesn't show up.

Daily anchor: Write down why you want to be stronger and who it's for. Do one act of service every week.

On a hard day, do at least this: Send one message of encouragement to someone.

8 Your Space Shapes You

ENVIRONMENT

Your environment is stronger than your willpower. Make the right choice the easy choice.

Daily anchor: Reset your space for 10 minutes each evening. Set up a corner to train and a bedroom built for sleep.

On a hard day, do at least this: Clear one surface and leave your trainers by the door.

STEP 3

THE ENVIRONMENT AROUND THE TEMPLE

Your physical, digital and social surroundings shape your discipline, your peace and your energy every single day. Willpower runs out. A good environment keeps working when you're tired. Tick each change once you've made it.

The people around you

- [ ] Spend more time with one person who lifts you up this week.
- [ ] Tell one person what you're working on and ask them to check in.
- [ ] Limit time with people who mock your goals, without needing to cut them off.

Your home setup

- [ ] Create a training corner: a mat, a band or weights, and enough space to move.
- [ ] Make the bedroom dark, cool and quiet, with the phone charging outside it if possible.
- [ ] Keep fruit, water and prepared food where you can see them.

Your digital diet

- [ ] Check your screen time and pick one app to cut by half.
- [ ] Unfollow or mute accounts that make you compare or feel low.
- [ ] Follow accounts that teach, inspire or make you laugh.

Your protective space

- [ ] Pick a time and place each day that is just for you, even if it's 10 minutes.
- [ ] Tell the people you live with when that time is.
- [ ] Use it for training, stillness or planning, not scrolling.

> **Ask yourself:** if someone copied my environment exactly, the people, the home and the phone, would they end up with the life I want?

STEP 4

YOUR DAILY RHYTHM

Structure your day around three touchpoints. They don't need to be long. They need to be regular.

15–30 MIN

Morning ritual

Mind and spirit

- Wake at your set time
- Water before coffee
- 5 minutes of stillness or prayer
- Write your one priority
- Light movement or a short walk

5–10 MIN

Midday touchpoint

Breath, movement, reset

- Step away from the screen
- 10 slow breaths
- A short walk or 2-minute mobility
- Check in on your water and food
- Re-read your priority

30 MIN

Evening flow

Training, reflection, planning

- Train, or walk on rest days
- 10-minute reset of your space
- Write one win from today
- Plan tomorrow's priority
- Screens off before bed

Make it fit your life

IF YOU ARE…	TRY THIS
A busy parent	Do your morning ritual before the house wakes, even if it's 10 minutes. Train with the kids around: a walk to school, a home circuit while they play.
A 9–5 worker	Use your commute or lunch break as your midday touchpoint. Book training in your calendar like a meeting.
A shift worker	Anchor the rhythm to when you wake, not the clock. Keep your wake routine the same whatever the shift and protect sleep with blackout blinds.
A student	Pair focus blocks with movement breaks. Keep a regular bedtime in exam season, when sleep matters most.
Creative or self-employed	Your days have no edges, so build them: a set start, a set finish and a phone-free focus block every morning.
Coming back from a setback	Use the minimum version of each Secret for the first two weeks. Consistency first, intensity later. If you're recovering from illness or injury, check with your GP before starting new training.

STEP 5

THE 7-DAY TEMPLE RESET

One new focus each day, and you keep the previous days' habits as you go. By day 7 you'll have tried all 8 Secrets at least once. Keep the ones that fit and repeat the week.

DAY	FOCUS	TODAY'S ACTION
Day 1	Discipline is Divine	Set your wake time and do your first morning ritual. Write your one priority.
Day 2	Movement is Medicine	Walk for at least 20 minutes. Note your step count tonight so you have a baseline.
Day 3	Fuel the Temple	Build every meal around protein plus a fruit or vegetable. Drink 2 litres of water.
Day 4	Guard the Gates	No phone for the first and last 30 minutes. Unfollow three accounts that drain you.
Day 5	Rest is Training	Screens off 30 minutes before bed. Get into bed at a set time and note how you sleep.
Day 6	Stillness and Purpose	5 minutes of stillness. Write down why you want to be stronger and who it's for.
Day 7	Your Space Shapes You	Reset your home: training corner, bedroom, kitchen. Then re-read your Temple Check and plan next week.

If you miss a day

Don't restart and don't make up for it. Do the minimum version of the next day's Secret and carry on. Missing once is normal. Missing twice is the start of a new habit, so don't let it happen twice in a row.

After the 7 days

Keep 2–3 Secrets as non-negotiables, use the tracker on the next page every week, and re-take the Temple Check after 4 weeks to see which pillars have moved.

TRACK IT

TEMPLE TRACKER

Week starting: _____ This week's focus Secrets: _____

DAILY ANCHOR	MON	TUE	WED	THU	FRI	SAT	SUN
Morning ritual	☐	☐	☐	☐	☐	☐	☐
Phone-free first 30 min	☐	☐	☐	☐	☐	☐	☐
Moved with purpose	☐	☐	☐	☐	☐	☐	☐
Protein + plants at meals	☐	☐	☐	☐	☐	☐	☐
2–3 L water	☐	☐	☐	☐	☐	☐	☐
5 min stillness	☐	☐	☐	☐	☐	☐	☐
Space reset	☐	☐	☐	☐	☐	☐	☐
Screens off before bed	☐	☐	☐	☐	☐	☐	☐
Energy 1–10							
Sleep (hours)							

My win this week

_____

_____

_____

What got in the way

_____

_____

_____

Next week I will

_____

_____

FINAL WORD

BECOMING THE TEMPLE KEEPER

You are not separate from the temple. You are its keeper.

Your discipline is sacred.
Your strength has purpose.
Your legacy starts here.

KEEP BUILDING

Fuel the Temple

The Samson's Secrets nutrition guide: set your own calorie and protein targets, then follow simple meal rotations, shopping lists and a 4-week tracker.

Becoming Her & Becoming Him

12-week home training plans with a full progress tracker. Three phases that take you from foundations to strength.

Coaching with Maxim

One-to-one online coaching built around your goals, your schedule and your starting point.

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